

UNITED STATES DEPARTMENT OF AGRICULTURE

Extension Service

EXCERPTS FROM ANNUAL REPORTS

FOOD PRESERVATION, 1945

Teaching Methods - Reaching More People

Arkansas - Method Demonstration

Since March, Pulaski County has sponsored an information booth at the Farmer's Curb Market which is open from 7 to 11 o'clock each Saturday morning. Hundreds of city residents visit the market during these hours. Timely demonstrations were given on making kraut, canning tomatoes, peaches, peach juice, peach pickles, pears, and figs by the hot water bath method.

Demonstrations on canning green beans, lima beans, and chicken, using the steam pressure canner, were also given. A display of canned products with the recommended canning budget for one year was on display all during the season. More than 2,500 Extension bulletins, including recipes and instructions for all types of food preservation, were distributed and approximately 800 persons visited the booth.

Demonstrations in cheese making were given in Newton, Drew, and Conway Counties. Instead of giving a formal demonstration, the work is directed, with the women actually making the cheese. This procedure has resulted in much better follow up in cheese making.

Pennsylvania - Fairs

- Because of the many Harvest Shows in Allegheny County, the women requested meetings on Canning for Quality. The women brought in jars of canned foods which were judged and reasons given for decisions. The women in Chester County were interested in improving the quality of their home canning. The home economics worker had one example of good and one of poor canned products. Causes of spoilage were discussed and standards for good quality canned foods were set up.

Canning clinics were popular in many counties and proved a way of reaching women not otherwise contacted. In Monroe County a booth was set up at the fair grounds. During the day between 800 and 1,000 women asked such questions as why do peaches at the top of the jar darken, what makes my frozen beans tough, and may I can and freeze fruits with little sugar? Six hundred and twenty-seven bulletins were requested.

Washington - State College Demonstration Days

- A food preservation carnival was a part of the Guides to Successful Farming, this year's title for the State College Demonstration Days, which toured the State from January to March 1945. There were 32 showings with an estimated attendance of 40,000.

- State Committee Plans Exhibit - A committee of staff members was appointed by the Director to plan for each major exhibit. Miss Sperry and I prepared the canning and frozen food unit using a carnival motive. On a gaily painted, lighted and slowly moving merry-go-round were exhibited jars of home canned fruits, vegetables, and meats. Some were excellent in quality, others were off color or definitely spoiled. A companion ferris wheel exhibited packaging containers and wrapping

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materials for freezing. On shelves at one side were two beef roasts used to show what is meant by freezer burn. Both had been stored two months - one was well-wrapped, the other poorly wrapped. The leaders who explained the freezing exhibits had samples of freezer locker cellophane and stockinette. We were surprised at the extremely great interest in freezer burned meats and in wrapping papers. The background of the exhibit was black.

New York - Food Information Centers and Mobile Units - Herkimer County made new contacts this year in four urban communities through the Food Preservation centers they opened. They feel they were successful and should be continued another year. Schenectady County was happy about their center in the lobby of the Power and Light Corporation; this was open regularly for three half-days a week throughout the season.

In Rockland County, the Nyack Red Cross loaned their mobile kitchen which was used as a County Canning Caravan. The Caravan travelled throughout the county for three and a half months during the summer, testing pressure cooker gauges and giving information on food preservation. Information centers were set up in local stores for one afternoon a week and in addition racks with bulletins and food conservation displays were placed in stores. The results were gratifying.

Oregon - Overseas Mailing Sub-project - Service men reported last year that almost the only food which was edible on arrival overseas was that sent in tin cans. This project was continued throughout the current year. The specialist designed a band label which saved time in inspecting and labelling cans, and had the label verified by the third Assistant Postmaster General. The labels were signed by County Extension workers, after inspection of contents of cans. This arrangement allowed sealed cans to pass through the censor's offices without opening. Reports were made of 206,726 cans sealed in county offices. Many new contacts were made through this sub-project.

Florida - Annual State Short Course - During the week of June 2-9, 325 outstanding 4-H girls, 42 home agents, and 26 leaders from 39 counties in Florida attended State Short Course. State Short Course had been discontinued for the three war years because of restrictions placed upon travel. This year, however, ODT gave permission for its revival.

These girls who were outstanding in some one or more phases of Club work for at least two or more years, had all expenses paid by civic groups, boards of County Commissioners, Federated and Home Demonstration Clubs, State Department of Agriculture, and others interested in the advancement of rural girls.

All girls attending were given demonstrations in gardening and in food conservation each morning. Special workshop groups were formed for intensive training in the afternoons. While one group made wooden "paddles" for use in "spreads" and similar products, another group made sandwich relishes for the school lunch box, while a third group was given recommended safety methods and practices in handling the pressure cooker, water bath, and other implements used and needed in canning processes.

It was highly evident that this departure from previous too formal teaching was greatly enjoyed by the girls.

The demonstrations in the morning were given mainly by the agents themselves. Those from North Florida worked with the berries, fruits and vegetables found

in this section, while the South or sub-tropical Florida groups brought out their distinctive products. Many girls, for instance, saw and tasted for the first time, the high-grade, luscious mango and were thrilled by its beauty and its intriguing flavor. The demonstrations were most informally acted out by the agents, and points of importance were skillfully and cleverly brought out by them. The recipes used were taken from the bulletin, "Girls' First Canning Demonstration."

Alabama - Results of Pantry Store Demonstrators

No. demonstrators making final reports	184
No. visitors to see demonstration	3567
People demonstrators assisted	1523
News articles written about demonstrations	94
No. food storage rooms built.	46
No. ventilating storage room.	30
No. improving storage room	77

EQUIPMENT AND EQUIPMENT CLINICS

Arizona

Since the procedure of testing pressure canner gauges seems to lend itself so ideally to work simplification methods, charts were made to use in the clinics which listed the procedure to follow in cleaning the cooker tops and safety valves and the steps for the actual testing of the gauges. This procedure made it possible to test more canners in less time and to do a better job both in testing and in recording the tests. It also allowed the Agent more time for discussion of canning procedures with homemakers.

At the beginning of the canning season, it was recommended that the Home Demonstration Agents encourage commercial concerns or community groups to take over pressure canner gauge testings. No agency was found that was willing to do this in the larger cities and in the smaller cities it would not be as easy to find commercial concerns willing to invest in the necessary equipment or willing to be trained to give this service.

More than half the gauges tested this year had never been tested before. In forty-five clinics held in seven counties, a total of 635 canners were tested. New gauges were recommended for forty-eight of these canners. This is one way in which Extension Service has reached people that it reaches by no other program. No canners are tested unless the owner is present to assist.

Oregon - Equipment Service - Mr. Thomas Onsdorff of Oregon State College Food Technology Department conducted an excellent service for testing and repair of pressure cooker gauges and safety valves. He originated a waterproof tag for corrective schedule in using gauges that register incorrectly. This tag is kept permanently attached to the gauge for reference whenever using the pressure cooker. County Extension workers and specialists participated in this program. Ninety per cent of the gauges were found to be out of order by manometer tests. County and State offices conducted a program for the loaning of pressure cookers, hot water baths, can sealers and dryers. A partial report of results is given in Table X. There were 1,069 measures of progress reported.

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PARTIAL REPORT OF EQUIPMENT SERVICE FOR HOME FOOD PRESERVATION

	Total
No. pressure cookers available for loan	44
*No. of families who borrowed cookers	271
No. of quarts of food canned with borrowed cookers	7551
No. times loaned	207
*No. of pressure cooker gauges sent to college and tested	575
No. tagged o.k.	16
No. with corrected readings	86
No. not repairable	5
*No. of safety valves sent to college and tested	187
*No. of times dehydrators were borrowed	17
No. of pounds food dried in borrowed dehydrators	615
*No. of times can sealer was loaned	19
No. of cans sealed for food preservation	672

*

Starred items are measures of progress

North Carolina - There were 5,188 pressure canners checked in 61 clinics held throughout the State by the Agricultural Extension Engineers and the food conservation specialists. Due to the time element it was necessary to combine counties for clinics in order to provide the service for all counties in the State. In many of the counties the work was so well planned that actual repairs needed on the canners could be done at the clinics. The home agents were asked to have a local hardware dealer or some interested person present at the clinics to be trained in carrying the work on in the counties. A few more than half of our agents were successful in having some local person come in to the clinic for training. In many cases the farm and home agents continue to test the canners when brought into their offices. All agencies in the county interested in and working with food conservation were asked to cooperate with the home agents in the pressure testing program.

Ohio - Agricultural Engineering Specialists have cooperated in testing and adjusting 685 gauges at 16 county clinics and have tested and adjusted 494 gauges which were sent in to the Agricultural Engineering Department at the Ohio State University.

An outline listing recommendations for checking gauges was prepared by the State Committee and mimeographed by the Extension Department for distribution to counties. The outline listed the available means for gauge testing in the counties as well as services available for testing outside the counties.

The Ohio Fuel Gas Company rendered a few services in testing gauges. They maintained a food preservation truck and gave curb gauge testing service. A Home Economist, as well as an engineer, was at each stop to answer questions about food preservation and care of canner as well as to test the gauge and safety valve for accuracy. Announcements of schedules of trucks were made over radio programs each day and consequently the service was used by many owners of pressure canners. The Cincinnati Gas and Electric Company checked pressure canners and tested gauges in the southwest counties of the State.

As the result of the concerted program of all State agencies, 129 clinics were held; 2,200 pressure canners were checked and 2,423 pressure gauges were tested.

Mississippi - The Oktibbeha County Home Demonstration Agent, Nannie Sullivant, gave this project a boost in June. "During June rural Club women devoted their project study to improved methods in food preservation, also the use of various canning devices was demonstrated such as the Foley Food Mill, the corn cutter, jet-meter, nutcracker, jar lifter and pressure cooker and can sealer. There were 23 demonstrations given and 238 canning pamphlets and bulletins distributed."

A way to speed up repair work on cookers was worked out by the Leake County home demonstration agent, Mamie Brock. "Twenty-eight cookers have been tested by the home agent. The agent and F.S.A. supervisor solicited one of the hardware managers to carry cooker parts which gave quicker service for leaders and eliminated ordering parts from out of town."

Arkansas - The use of desirable processing equipment has been encouraged. Home Demonstration Agents find that by using proper equipment in their demonstrations, they encourage the purchase of it. In Scott County sixty jar lifters and food mills were bought by the Club women after the home demonstration agent used these in giving a demonstration.

North Arkansas County reports "Sixty-six families purchased pressure canners. Seventeen local leaders used the information in the leaflet, "Care of the Pressure Canner," and gave a demonstration and held a discussion at local meetings. One hundred eleven women reported they had provided a place to take care of their pressure canner when it was not in use.

In Randolph, Desha, and Nevada Counties, home demonstration agents were interested in getting local merchants to carry pressure canner gauges and other parts for pressure canners.

Through the gauge testing program families outside of Extension organizations have been reached with information on food preservation. It appears that the annual checking of pressure canner gauges is being adopted by Arkansas farm families.

Minnesota - Summary of Pressure Cooker Clinics in 40 Counties

1. Number of pressure cooker clinics held	540
2. Attendance	5350
3. Number of cookers inspected	4936
(a) number gauges tested	4380
(b) number in good condition	2344
(c) number needing recalibrating	1469
(d) number new gauges needed	609
(e) number safety valves tested	4137
(f) number safety valves in good condition	3016
(g) number new safety valves needed	556
(h) number new valve springs or balls needed	748
(i) number new fusible plugs needed	40
(j) number gaskets adjusted	479
(k) number gaskets needing replacement	247
(l) new pet cock	2
(m) bottom bulged	1
(n) lid stuck	1

FOOD PRESERVATION PROGRESS AND RESULTS

New Mexico-Food Spoilage continues to be a problem in New Mexico even though there are fewer reports of spoilage now than there were several years ago. The Nutritionist worked with the home agent in Grant County during September on this phase of work. Jars of spoiled food were brought to the Club meetings by the women attending, and the types of spoilage were identified. Most of the food spoilage was caused by poor quality of food or carelessness in canning procedure. In order to help the county workers recognize different types of spoilage the Nutritionist supplied each county office with a mimeographed leaflet "Spoilage Problems in Home Preserved Foods." This leaflet was published by the College of Agriculture Berkeley, California, and permission was obtained from California to reprint it for use in this State. It is felt this information has been very helpful in carrying on work in New Mexico.

Missouri

Canning Survey - In Cole County food leaders in ten communities made a canning survey in 1941 and again in 1945. There were 191 families who participated in the first survey and 61 of these families participated in 1945. The survey showed a 5 per cent increase in the number of families using pressure cookers; 42 per cent now are - and an average increase of 11 quarts per person in canned tomatoes. The average was 9 1/2 quarts per person in 1941 and 20 1/2 quarts in 1945.

Canning Questionnaire - 1934-1945 - In 1934 a canning questionnaire was sent out by the Extension Nutritionist and 2,961 women sent in their individual reports. This spring a similar questionnaire was sent to home demonstration agents and they were asked to get a spot survey or make a sampling on these same questions. The results of these two questionnaires are as follows:

	1934	1945 (24 co's)
Number of women reporting	2,961	1,887
Number cans of meat canned	104,050	50,613
Number of cans of meat spoiled	2,193	1,258
Per cent meat spoiled	2.1%	2%
Number women reported spoilage	657	164
Per cent women reporting spoilage	22%	8%
Number cans vegetables canned	163,435	209,935
Per cent vegetables spoiled	4.1%	1%
Number cans vegetables spoiled	6,855	2,072
Number of women reporting spoilage	1,152	326
Number using pressure cooker	277	818
Per cent women reporting spoilage	38%	17%
Per cent using pressure cooker	9%	43%
Number women using pressure cooker having spoilage	97	180
Per cent women using pressure cooker having spoilage	35%	22%

Although the number of women involved is very small the two questionnaires seem to indicate the following - less meat canning; per cent of spoilage of meat about the same but the per cent of women who had spoilage were considerably less. A real increase in the amount of vegetables canned and a real drop in the per cent of spoilage and number using pressure cookers - 9 per cent in 1934 and 43 per cent in 1945 and the per cent of women using pressure cookers and having spoilage dropped from 35 to 22 per cent.

North Dakota - Frozen Food Phase - This was by far the most popular phase of the food preservation program in 1945. All available lockers in the State were taken. 1946 will see a great increase in the building of lockers and many home storage units installed.

There were 66 frozen food demonstrations with an attendance of 1,391 put on by the War Emergency Food Assistants. Four hundred and fifty people attended a frozen foods demonstration sponsored by several Call County locker managers and put on by the two assistants working under the War Program. The specialist from the Extension Service assisted with this program.

The statistical figures from the county agents report show 5,482 families from 15 counties preserved 1,922,679 lbs., of frozen food. An average of 351 lbs., stored by freezing per family. The greatest amount of freezing was done with meats - 1,770,725 lbs. Vegetable freezing came next with 92,197 lbs., while fruit freezing was not too far behind with around 60,000 lbs.

Louisiana - Mother-Daughter Demonstrations - A new idea originated this year was to get advanced 4-H Club girls to become pantry demonstrators along with their mothers. This assured an interest on the mother's part in the girl's project, meanwhile developing a sense of responsibility on the girl's part toward the family food supply.

The agents received the plan enthusiastically and in practically every parish where there was an assistant home demonstration agent, two and three of these mother-daughter demonstrations were started. A uniform apron is to be adopted which will be known as the mother-daughter apron. The girls and the mothers will be permitted to vote on several styles submitted.

South Dakota - Esther Farnham, Home Demonstration Agent in Brookings County, altered the kind of demonstration she presented. She described her demonstration as follows:

"Let's see what is in the jar" was the theme for several food preservation meetings during canning season. Extension has been having food preservation meetings in all communities for the past three or four years and the Home Demonstration Agent felt that a new angle should be used. With the sugar situation foremost in the picture, the agent planned the demonstration on a "see and taste" basis. Before the meetings she canned peaches in four ways, namely:

1. Peach halves in water pack
2. Peach halves in natural juice pack
3. Peach halves in their syrup using 1/3 white syrup to replace some sugar
4. Peach halves in thin sugar syrup

These jars were used as illustrative material before the group. The jars were discussed from the standpoint of preparation, each method being very carefully explained. They were judged according to color and appearance. Then the jars were numbered and opened, giving each woman a chance to sample and compare giving consideration to color, texture, flavor and sweetness. The tasting results were then tabulated. During this comparison a discussion on the use of sugar in canning was led by the home agent and it was pointed out that fruit could be canned without sugar, but that some sugar heightened and brings out flavor and color. The general opinion of the women was that number two, which was canned in the natural fruit juice, was of good flavor, quite sweet and could be very useful in a great many ways in meal planning and preparation.

Minnesota - Work of the State Food Preservation Committee - 1945- The food preservation committee of the State Nutrition Council has made an attempt to coordinate and unify all food preservation programs being developed in the State. Tangible results are: first, better understanding and cooperation among State agencies promoting food preservation second, elimination of some overlapping activities; three, the adoption of a single timetable and set of recommendations in home canning by the home economics trained people throughout the State; and four, establishment of recommendations and timetables for the community canning centers where all canning is done in tin.

Miss Mary Rokahr gave some very interesting work on time saving through better understanding of a given job in order to eliminate unnecessary motions. Members of the nutrition staff studied certain problems, some of them within their own field, others not related to food. It was shown that by organizing a piece of work for convenience, to put both hands to work at the same time, to avoid repetitive motions, to assume a posture which would make for easy reaching, would reduce fatigue, result in a more consistently good output, and over a period of time the minutes saved would count up into many hours.

Although the number of problems studied was very limited, the point of view developed, that is - critical analysis of work habits, is applicable to every routine task.